



Bellflower Unified School District

October 2023

Elementary & Secondary Menu (Breakfast & Lunch will be served at all sites)

We are an Equal Opportunity Provider. This Menu is Subject to Change Without Prior Notice.

SOUTH Elementary Sites:

ILC - Lindstrom - Foster
Jefferson - Williams

NORTH Elementary Sites:

Baxter - Pyle - Ramona
Washington - Woodruff

Secondary Site:

LF

KEY:

Served Warm (Breakfast)

Freshly Prepared

Daily Choices:

Breakfast & Lunch:
Fruit Variety

Milk Options (choose 1):
Non-fat Milk, 1% Milk,
NF Chocolate* (M & F)

Condiments:
Mustard, Ketchup, Mayo,
BBQ, Ranch & Italian
Dressing, Syrup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p> Cereal & Craisins or French Toast Sticks w/ Apple Glaze</p> <p> Pasta Salad w/ Turkey Ham Hawaiian Roll or Chicken Taquitos Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice</p>	<p>3</p> <p>Concha Variety or Muffin Mixed Fruit</p> <p> Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Marinara Sauce Cup Cantaloupe Chunks</p>	<p>4</p> <p> Cereal & Craisins or Yogurt Parfait</p> <p> Cheesy Beef Nachos Pinto Beans or Pizza Hut (Elementary) Broccoli Buds & Salad w/ Ranch Dressing Apple Slices</p>	<p>5</p> <p> Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit</p> <p> Orange Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Pkt Pineapple Spears</p>	<p>6</p> <p> Cereal & Craisins or Breakfast Fruit Pizza</p> <p> Beefy Mac Dinner roll Baby Carrots & Ranch Pkt or Chili Verde Chicken Tamale Refried Beans Fruit Cup</p>
<p>National School Lunch Week</p>				
<p>9</p> <p>No School</p>	<p>10</p> <p>Concha Variety or Muffin Mixed Fruit</p> <p> Chicken Broccoli Alfredo Garlic Toast Jicama w/ Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks</p>	<p>11</p> <p>Cereal & Craisins or Yogurt Parfait</p> <p> Beef Tacos w/ Chipotle Fiesta Salad & Salsa </p> <p>or</p> <p>Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices</p>	<p>12</p> <p> Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit</p> <p> Roasted Chicken Honey Biscuit "Smashed" Potatoes or Grilled Cheese Sandwich Celery w/ Ranch Pkt Pineapple Spears</p>	<p>13</p> <p> Cereal & Craisins or Waffle w/ Banana & Syrup Pkt</p> <p> Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup</p>
<p>16</p> <p> Cereal & Craisins or French Toast Sticks w/ Apple Glaze</p> <p> Pasta Salad w/ Turkey Ham Hawaiian Roll or Chicken Taquitos Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice</p>	<p>17</p> <p>Concha Variety or Muffin Mixed Fruit</p> <p> Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks</p>	<p>18</p> <p> Cereal & Craisins or Yogurt Parfait</p> <p> Cheesy Beef Nachos Pinto Beans or Pizza Hut (Elementary) Broccoli Buds & Salad w/ Ranch Dressing Apple Slices</p>	<p>19</p> <p> Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit</p> <p> Orange Chicken Steamed Rice Steamed Broccoli or Bean & Cheese Burrito Celery w/ Ranch Pkt Pineapple Spears</p>	<p>20</p> <p> Cereal & Craisins or Breakfast Fruit Pizza</p> <p> Beefy Mac Dinner roll Baby Carrots & Ranch Pkt or Chili Verde Chicken Tamale Refried Beans Fruit Cup</p>
<p>23</p> <p> Cereal & Craisins or French Toast Sticks w/ Apple Glaze</p> <p> Chicken Salad Wrap or Bean & Cheese Pupusa Salsa Baby Carrots w/ Ranch Pkt Orange Juice</p>	<p>24</p> <p>Concha Variety or Muffin Mixed Fruit</p> <p> Chicken Broccoli Alfredo Garlic Toast Jicama w/ Tajin & Romaine Salad w/ Italian Dressing Pkt or Chicken Sandwich w/ Ketchup, BBQ Pkt Cantaloupe Chunks</p>	<p>25</p> <p> Cereal & Craisins or Yogurt Parfait</p> <p> Beef Tacos w/ Fiesta Lime Salad & Salsa or Cheese & Deep Dish Pepperoni Pizza Celery w/ Ranch Dressing Apple Slices</p>	<p>26</p> <p> Chocolate Donut or Pancake on Stick w/ Syrup Mixed Fruit</p> <p> Beef Teriyaki Steamed Rice Steamed Broccoli or Grilled Cheese Sandwich Celery w/ Ranch Pkt Pineapple Spears</p>	<p>27</p> <p> Cereal & Craisins or Waffle w/ Banana Glaze</p> <p> Chicken Enchilada Casserole Tortilla Chips & Salsa or Chicken Nuggets Baby Carrots w/ Ranch Pkt Ketchup & BBQ Dip Fruit Cup</p>
<p>30</p> <p> Cereal & Craisins or French Toast Sticks w/ Apple Glaze</p> <p> Pasta Salad w/ Turkey Ham Hawaiian Roll or Chicken Taquitos Salsa Baby Carrots w/ Ranch Pkt Very Berry Juice</p>	<p>31</p> <p>Concha Variety or Muffin Mixed Fruit</p> <p> Spaghetti & Meat Sauce w/ Garlic Toast Cheese Stick Romaine Salad w/ Ranch Dressing or Pull Apart Cheese Bread Marinara Sauce Cup Cantaloupe Chunks</p>	<p></p> <p>Health benefits of Tomatoes</p>	<p>Did you know that 10 Cherry Tomatoes = 1 cup daily serving of vegetables? 1 cup provides almost as much potassium as a banana. Tomatoes are also high in lycopene, which is thought to improve heart health.</p>	